

## Chapter – 1: Ayurvedic Dietetics – Introduction

Ayurveda throws light on the time-tested dietary habits and patterns. Food produced by healthy seeds, in unpolluted soil, water, air, and environment is considered to be the best. This is due to positive energy and complete nourishment, which are essential for healthy body/mind. Balanced diet is good for nutrition, energy, maintenance of internal harmony, growth & development and group of other vital functions. The objective of taking balanced diet is not only satiation of body-mind but that also supports other functions with positive energy. For a health-conscious person, it is imperative to know certain details such as: -

Wholesome and unwholesome

diet - Heavy and light diet - Taste factors - Constitution of diet in different forms like, i.e. liquid, semi liquid, semi solid, solid - Effect on systems organs and metabolism - Nutritional values and effects on physical strength and immunity. Life span, complexion, health, vigor and immunity all depend on good dietary habits. Further, the outcome of the wholesome diet contributes a great deal in establishing a good psycho-spiritual framework of an individual. In Ayurvedic texts specific knowledge of aahar is described. Samhitas and 'Nighantus' are the source of knowledge of food and dietary guidelines. Details about food identification, its quality and actions on the body. For example, Bhavprakash Nighantu describes knowledge of food in 24 groups. Few names are like; Haritakyadi, Mamsa, Pushpa, Fal, Dhanya, Shak, Vari, Dugdha, Dadhi, Takra, Navneet, Ghrut, Tail, Madhu, Ikshu group etc. \* The importance of diet: In the words of renowned author David Frawley, "As long as we are not living in harmony with nature and our constitution, we cannot expect ourselves to be really healed. Ayurveda gives us the means."

- According to ayurveda the definition of being healthy is: the balance of all Doshas, all seven Dhatus (tissues), Agni (the perfect digestion and assimilation of food) together with the regular and efficient evacuation of excretory materials.
- Food prepared with love, affection, care, by your near and dear provides you more positive energy, which reflects on beauty.
- Food recipes suitable to your body constitution should be preferred and to be consumed without stress, tension, anger or depression to derive more benefits. Proper well-being of a physique is twofold: a) Consumption of good diet and b) Observance of personal, moral, seasonal & spiritual conduct (for different age and personal disposition groups, the rules are well drafted and presented in the books of Ayurveda). Before we go further to understand

ayurvedic dietetics, we must be familiar with basic terminology of Ayurveda. \* According to the books of Ayurveda, food or diet can be divided into two sections, (1) Food for nourishment and (2) food for de-nourishment. Santarpan: Definition: By which procedures, body gets nourishment, it is called 'Santarpan'. Some examples: Milk, Ghee, Mutton Juice, Drinks, Sharbats, Chocolates, Sharkara, Candies, Biscuits, Sukhadi, Laddu, Sweets, Lassi, Black gram etc. Apatarpan : Definition : By which procedures, body gets de-nourishment, it is called 'Apatarpan'. Some Examples: Honey, Salt, Juwar, Guggulu, Turmeric, Shilajit, Ginger, Bitter taste, Barley, Neem, Low calorie diet etc. Furthermore, one must know the most common terminology of Ayurveda to discuss diet and its science. Dosha – Tridosha (Vata, Pitta and Kapha): There are three bio-energies in the body, which governs the body and they are known as Dosha. They are three, viz; Vata, Pitta and Kapha Dhatu (Tissues) :( more details in chapter 2) Mala (Waste material) :( more details in chapter 2) Agni: (Bio-chemical convertors) :( more details in chapter 2) RASA (The Taste Factor): Based on the individual chemical structure and its effect on taste buds, a food plays important role in enhancing or subduing a dosha, thereby -. Maintaining / improving the health and producing a disease. GUNA (Physical / Physiological Properties): Depending on the physical form of a food / herb like solid, liquid or gas or its interaction with body tissues, 20 specific characteristics have been described. They also have a capacity to increase or decrease the levels of doshas. VEERYA (Dynamic Property / Potency): The active principle which makes the food/ drug act is known as Veerya. While acting on the body, every food/ drug either proves to be hot (Ushna) i.e. Stimulating the overall rate of metabolism, or it is cold (Sheeta), i.e. Lowering down the metabolic activities. VIPAKA (Dynamic Alteration /Metabolic Property): The interaction of digestive enzymes with the chemical structures providing the taste brings in certain chemical changes because of which the final outcome tends to change. After interacting with digestive juices, chemical structure of food or drugs with sweet, salty and astringent tastes end up in changing to the sweetish (Madhur). This is a common law. Final outcome of pungent and bitter substances would be pungent (Katu) nevertheless. The sour substances remain unchanged even at end. Exception to this rules also exists. PRABHAVA (Specific Property): The factor which makes a food/ drug specifically effective in some special condition or on some special body system is known as prabhava. This behaves in quite a different manner as compared to other drugs having similar pharmacological details, viz., Rasa, Guna, Veerya and Vipaka. Typical constituent regarded as unexplainable(Aachintya), hence the term Prabhava (specific effect).

## Introduction to Ayurvedic Nutrition: Ayurveda and Indian Food Cultures\*\*Ayurveda Overview\*\*

- Ayurveda, an ancient system of medicine originating in India over 5,000 years ago, is centered on the balance between the body, mind, and spirit.
- It emphasizes the importance of diet as a crucial component for maintaining health and preventing disease.
- Ayurvedic nutrition is personalized, focusing on the individual's unique constitution, or \*dosha\* (Vata, Pitta, Kapha), which determines dietary needs and restrictions.

### \*\*Ayurvedic Principles in Nutrition\*\*

- **Food as Medicine**: Ayurveda treats food as medicine, believing that the right diet can heal and the wrong diet can cause disease.
- **Six Tastes (Shad Rasa)**: Each meal should ideally include the six tastes—sweet, sour, salty, bitter, pungent, and astringent—to promote balance and satisfaction.
- **Seasonal Eating**: Ayurveda emphasizes eating according to the seasons and times of the day to align with natural cycles and maintain balance.
- **Mindful Eating**: Focus on eating with full attention and in a peaceful environment, which is believed to aid digestion and assimilation of nutrients.

### \*\*Indian Food Cultures and Ayurveda\*\*

- **Regional Diversity**: Indian cuisine is incredibly diverse, with regional variations that align with Ayurvedic principles, utilizing local ingredients and cooking methods suited to the climate and culture.

- **Spices and Herbs**: Indian cooking uses a wide range of spices and herbs, many of which have medicinal properties in Ayurveda, such as turmeric, ginger, cumin, and coriander.
- **Staple Foods**: Grains like rice, wheat, and millets, along with pulses, vegetables, fruits, dairy, and oils, form the base of Indian meals, each having specific Ayurvedic attributes.
- **Cultural Practices**: Traditional Indian meal structures often incorporate Ayurveda's dietary rules, such as balancing tastes and eating freshly prepared, warm foods.

### **Ayurveda's Influence on Modern Indian Diets**

- Ayurveda continues to influence modern Indian eating habits, from the use of spices to the preference for home-cooked meals and seasonal produce.
- The integration of Ayurvedic principles into daily diets is seen in practices like starting the day with warm water, using ghee, or following fasting rituals for detoxification.

By understanding the principles of Ayurvedic nutrition, one can appreciate how deeply intertwined it is with Indian food culture, promoting a holistic approach to health and well-being through diet.

**MOST COMMON HERBS**

**Ashwagandha** Latin Name: *Withania Somnifera* Uses: Anti-anxiety Relieves insomnia and stress-induced depression Improve physical performance in both sedentary people And athletes Improve the formation of memories Reduce immunosuppressant

**Guggulu** **Tulsi** **Bibhitaki** **Arjuna** **Amlaki** **Ginger** **Ashoka** **Haritaki** **Arjuna**

Latin Name: *Terminalia Arjuna* Uses: Disorders of the heart and blood vessels (Cardiovascular disease) Including Heart disease High blood pressure High cholesterol Dysentery Diseases of the urinary tract Skin disease

**Bibhitaki** Latin Name: *Terminalia Bellirica* Uses: Respiratory diseases Bellirica seed oil or fruit paste is applied on swollen and painful parts. Helps in Loss of appetite, Flatulence, Thirst, Piles and Worms.

**Bhumymlaki** Latin Name: *Phyllanthus Urinaria* Uses: Best in Liver disorder Skin disease Acidity Thirst Blood Disorder Endocrine disorders

**Bilva** Latin Name: *Aegle Marmelos* Uses: Bael 's fruit serves as stool binding. In fact it is used in condition like diarrhea, dysentery... Anti diabetic Conjunctivitis, Deafness and Leucorrhoea

**Brahmi (Gotu kola)** Latin Name: *Bacopa Moneri* Uses: It is considered as a great brain tonic. Alcoholic extract increases the learning performance. Other

pharmacological effects of the extracts include sedative, anti-epileptic, cardio tonic, vaso constrictor and anti-inflammatory activity. Bhringraj Latin Name: Eclipta Alba Uses: It maintains and rejuvenates hair, teeth, and bones. It improves memory, sight, and hearing. It promotes deep sleep. It improves complexion. Used for the expulsion of worms. It is given to children in case of urinary tract infections. A rejuvenating effect on the body. A general tonic in cases of debility. Chitraka Latin Name: Plumbago Zeylanica Uses: It is used in most of Ayurvedic medicines for indigestion. Relieve abdominal colic pain Useful in skin diseases Useful in intestinal worm infestation Useful in cough, cold. It is very good anti-inflammatory herb. Absorbent, Absorbs excess moisture from intestines. Chitrakais one of the powerful digestive and carminative herb of Ayurveda. Used in the treatment of amenorrhea. It is used in the treatment of hepatomegaly and splenomegaly. Giloy or Guduchi or Galo Latin Name: Tinospora Cordifolia Uses: Guduchi is best to cause astringent effect Promoting digestion Useful in Raktapitta (bleeding disorders) Brings about absorptive nature to stomach and intestines. Improves strength, Improves digestion power Relieves Aam – indigestion Relieves excessive thirst (as seen in fever) Useful in treatment of diabetes, urinary tract disorders, jaundice and related diseases of liver, skin diseases, gout-arthritis, fever, mal-absorption syndrome Relieves burning sensation in the body. Note that though Guduchi is hot in potency, it helps to relieve burning sensation. This action is brought about by its MadhuraVipaka. (Sweet aftertaste). Sweetness is coolant in nature. Useful to relieve cough Useful to relieve intestinal worms Improves vision, good for eyes, useful in eye disorders Anti-aging, Rejuvenating, Vrushya – Aphrodisiac Gokshur Latin Name: Tribulus Terrestris Uses: It contributes to overall physical strength by building all the tissues. It is useful against urinary tract infections and Urinary stones. Guggulu or Gugal Latin Name: Commifera Mukul Uses: • It is best pain killer – internal as well as external uses • It is also used for air purifier, having anti-microbial activities. • It is also described as rasayana herb. GUGGULU COMPOUNDS Guggulu is a Oleo-resin of plant commiphoramukul. Guggulu compounds comes in different combinations like Triphalaguggulu, KancharGuggulu, YogarajGuggulu, Chandraprabhavati. They are used for different purposes according to the combinations. Kalmegh Latin Name: Andrographis Paniculata Uses: Improve appetite and digestion strength Useful in skin diseases, Blood disorder, Fever Used in Hepatomegaly Anti-inflammatory Useful in intestinal worm infestation, Constipation Kapikachhu (Kaunch) Latin Name: Mucuna Prurita Uses: Reduces Vatadoshaso useful in vata disease Worm infestations Bone and joint conditions Muscle pain Sexual improvement The hairs lining the seed pods and the small spicules on the leaves contain (serotonin) which cause severe itching

(pruritus)when touched. The calyx below the flowers is also a source of itchy spicules and the stinging hairs on the outside of the seed pods are used in itching powder. Malkangni (jyotishmati) Latin Name: *Celastru Spaniculatus* Uses: It is a powerful brain tonic. It alleviates abdominal ailments. It has nerving properties and is used for increasing memory retention. Manjistha Latin Name: *Rubia Cordifolia* Uses: Improves voice Improves skin complexion Useful in the treatment of toxic conditions, poisoning Inflammatory conditions Gynecological disorders Ear pain Injuries Diabetes and urinary tract disorders Eye disorders Diarrhea with bleeding Skin diseases Visarpa (spreading skin disease) Musta(Nagarmoth) Latin Name: *Cyperus Rotundus* Uses: Absorbent, useful in diarrhea, IBS Improves digestion strength Relieves Ama-Dosha Relieves thirst Useful in relieving anorexia Relieves worm infestation, useful in infected wounds Useful in blood disorders Nimb (Neem) Latin Name: *Azadirachta Indica* Uses : For skin infection, itching, burning, eczema, boils and eruption neem juice / paste application (anti-bacterial, anti-fungal activities ) Fever : to drink fresh juice for 10 days (anti-viral activities) Good for natural fertilizer and pesticide Punarnava Latin Name: *Boerhavia Diffusa* Uses : It relaxes the smooth muscle cells. It has the potency of rejuvenating. It can regenerate the damaged cells. It is a liver stimulant herb and cures digestion. It improves anaemia. Sariva Latin Name: *Hemidesmus Indicus* Uses: Skin diseases Itching, Pruritus Fever Diabetes, Urinary tract disorders Relieves bad odor Improves sperm quality and quantity Useful in diarrhea, dysentery Relieves Aama Anti-toxic Useful in low digestion strength Useful in respiratory conditions, cough, cold, asthma Useful in menorrhagia Shankpushpi Latin Name: *Clitoria Ternatea* Uses: It works as a brain tonic. It is one of the best and prominent natural medicines – that help in improving memory. It rejuvenates. Work as psycho-stimulant and tranquilizer. Improve the nerve tissues and bone marrow quality. Effect on overall health and promotes health and weight gain. Shatavari Latin Name: *Asparagus Racemosus* Uses: Maintains healthy hormonal balance. Supports normal function of the immune system. Improves digestive system. It has rejuvenated capacity,Nutritive tonic. Tulsi or Basil Latin Name:*Ocimumte Nuiflorum* Uses: Air purifier: having anti-viral, anti-bacterial, de-odorant properties For fever, cold, cough with turmeric and honey For itching: application of fresh juice on affected part Tulsi tea anti-oxidant and gives freshness It is a rich source of beta-carotene, vitamin A, cryptoxanthin, lutein and zeaxanthi which is essential for vision. It also contains Vitamin K that helps the bone strengthening function by helping mineralization process in the bones. Basil herb contains a good amount of minerals like potassium, manganese, copper, and magnesium. Basil leaves are an excellent source of iron. It is immune-modulatorthus improves immunity. It reduces

stress. Varuna Latin Name: Crataeva Nurvala Uses: Diuretic Anti-lithiatic Rubefacient (reddening the skin by producing hyperemia) Anti-inflammatory Used in U.T.I. Improve digestive fire Vacha Latin Name: Acorus Calamus Uses: It is good nerve tonic. It acts as a tranquilizer, so promotes sleep. It is good brain tonic, so helps in weak memory. Vasa (Aradusi) Latin Name: Adhatoda Vasica Uses: Chronic respiratory tract infections, cold and cough Bleeding disorders, detoxifies blood Useful in vomiting Useful in skin disorders Useful in fever Useful in excessive thirst Acts as cardiac tonic Good for throat Useful in urinary tract disorders, diabetes Useful in anorexia Vidarikand Latin Name: Pueraria Tuberosais Uses: It revitalizes the whole body and increases muscle bulk. it rejuvenates skin. It strengthens body and boosts its immunity. Slow down the ageing process. Eases bowel movement. TRIPHALA As name suggest it is a combination of 3 fruits Haritaki, Bibhataki and Amlaki. A traditional herbal cleansing compound that is used as an all-round tonic as well. It helps balance all the three Doshas. Triphala is the mainstay in treating and preventing many conditions. TRIKATU As name suggests it is a combination of threekatu means PUNGENT herbs — dried ginger, long pepper and black pepper. It is

Ardraka-sunthi Latin Name: Zingiber Officinale English Name: Ginger Commonly known as Sunth Uses: Reduce vata and kapha Deepan (improve appetite) For digestion, anorexia, spasmodic pain It is strong antioxidant. It stimulates circulation. Good for heart. It cleanses colon. Useful in AAMA Condition Ginger Turmeric Clove Pepper Mustard seeds - Rheumatism -Hiccough It is a rich source of potassium & manganese which builds resistance to disease. It also contains Vit. A, C, E, B-complex, magnesium, phosphorus, sodium, iron, zinc, calcium, beta-carotene. Fresh juice of ginger + lemon + rock sugar / salt – good for digestive problems. Ginger + amlaki + rock sugar – good for hyper acidity Ginger juice + honey – good for cold cough Chewing of dry ginger pieces, good for voice, throat problems Ginger tea is good for joint pains, arthritis etc Ela (Elachi) Latin Name: Elettaria Cardamomum English Name: Lesser Cardamom Uses: Sweet and Pungent in test Laghu, Ruksha and Shita Tridoshshamaka Deepan(improve appetite) Pachana(improve digestion strength) Daha-prashaman(Use in burning) Used as a mouth-freshener Respiratory disease Useful in Breathlessness, Cough, Vomiting. Good for voice. Haridra Latin Name: Curcuma Longa English Name : Turmeric Uses: Reduced pitta and kapha Anti-septic, anti-biotic properties Useful in worms, diabetes, itching problems and cough problems. Good for any allergic conditions Blood purifier, good for skin problems – external as well as internal use Complexion promoter – lepam of turmeric with saffron, milk and chick-pea flour Turmeric

powder + milk – good for respiratory problems. Hingu Latin Name: *Ferula Narthex* English Name: *Asafoetida* Uses: Bitter and Pungent in test Laghu, Snigdha and Ushna Reduced Vata and Kapha, Increased Pitta Deepan-Pachana(improve appetite and digestion strength) Saraka Chakshushya-Improve vision Hridya-Cardiac tonic Kriminashaka -Useful in intestinal worm infestation Shulnashaka-Pain Relevant Used in Indigestion, Constipation and Flatulence(Gas trouble). Jirak (Cumin, Jeera) Latin Name : *Cuminum Cyminium* English Name : Cumin Seed Uses: Reducing Vata, Pitta and Kapha Deepan and Pachan (improve appetite and digestion strength) Best uterine tonic for leucorrhoea in women Externally in skin problems Useful in intestinal worm infestation Lavang Latin Name: *Syzygium Aromaticum* English Name: Clove Uses: Bitter and Pungent in test Having Laghu, Ruksha and Shitta properties. Reducing Vata, Pitta and Kapha Deepan and Pachan(improve appetite and digestion strength) Useful in eyes problems, Hiccough,cough and rhinitis Marich Latin Name: *Piper Nigrum* English Name: Black Pepper Uses: It contains a good amount of minerals like potassium, calcium, zinc, manganese, iron, and magnesium. They are good digestive stimulant. Methika Latin Name: *Trigonella Foenum-graecum* English Name: Fenugreek Uses: Bitter in test Laghu, Ruksha and Ushna Reduced vata and kapha , Increase Pitta Deepan, Pachana(improve appetite and digestion strength) Anuloman and Grahi Shula-prashamna- Pain reliever It is use in general weakness All types of Vata disease Nimba (sweet) Latin Name: *Murraya Koenigii* English:- Curry Leaves Uses: Natural flavoring agent Curry leaves help your heart function better Fights infections Enliven your hair and skin with vitality Curry leaves are a rich source of iron and folic acid. Folic acid is mainly responsible for carrying and helping the body absorbs iron, and since kadi-patta is a rich source of both the compounds it is your one-stop natural remedy to beat anemia. Lindi-piper (pippali) Latin Name: *Piper Longum* English Name: Long Pepper Uses: Deepana-improve appetite Reduced vata and kapha Increased pitta Useful in Worms,cough,anorexia and good for heart. Good liver tonic Best immuno-modulator – Vardhmanpippali for long term immunity against all kinds of allergies Rasayana:Pippali + milk – morning Anorexia:pipali powder + honey It contains a good amount of minerals like potassium, calcium, zinc, manganese, iron, and magnesium. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure. Manganese is used by the body as a co-factor for the antioxidant enzyme, superoxide dismutase. Iron is essential for cellular respiration and blood cell production. They are also an excellent source of many vital B-complex groups of vitamins such as Pyridoxine, riboflavin, thiamin and niacin & vitamin-C and vitamin-A. Putiha Latin Name: *Mentha Spicata* English Name: Mint Commonly known as Phudina Uses: Deepan(Improve



appetite) Reduced vata and kapha Increase pitta It helps the muscles in the stomach relax and promotes overall digestion. Boosts immunity. Beats stress and depression. Useful in Chronic Fever. Rajika Latin Name: Brassica Juncea English Name: Indian Mustard Uses: Bitter and Pungent in test Deepan(improve appetite) Pacana(digestion strength) Shulahara(Pain reliever) Useful in intestinal worm infestation Sarshpa Latin Name : Cinapies Nigra English Name: Mustard Seeds Uses: Deepana(Improve appetite) Reduced pitta and kapha Pain killer – lepan with mustard seeds powder – Externally or mustard oil for massage Useful in worms Saffron Latin Name : Crocus Sativus English Name: Saffron Uses : Dipana, light, hot, pungent-astringent, tridosha pacifying, Useful in headache, good for coloring agent,good for heart etc. Taja (twak) Latin name: Cinnamomum Zeylanicum English name: Cinnamon Uses: Bitter and Pungent in test. Reducing Vata and Kapha Increase Pitta Use in Mukhshosha(Dryness of mouth) and Trishna (Excessive Thirst). Use in Anorexia. Pachana-Improves digestion Strength Useful for voice.Use in UTI. Yavani Latin Name: Trachyspermum Ammi English Name: Ajowan Uses: Bitter and Pungent in test Laghu, Ruksha and Ushna Reduced vata and kapha , Increase Pitta Deepan(improve appetite) Grahi Anuloman Shulaprashaman- Pain reliever Useful in hiccough Krimighna- Useful in intestinal worm infestation Use in Anorexia Panchalavana (five kinds of salt) Saindhvalavana Saindhva is the best. Laghu, Snigdha, Shita and Madhura Reduced Vata and Pitta, Slightly increased Kapha Deepana (improve appetite) Pachana(Increase digetion) Saraka (Laxative) Hridya (Cardiac tonic) Cakshuahya(Improve vision) Tridoshhara Samudralavana Commonly known as Sea salt Snigdha Hridaya(Cardiac tonic) Agnideepana(Increase digestion) Vatashamaka Anorexia Shulaghna(pain reliever) Alakaline in nature SamudraLavana literally means which is produced from the sea. Internally in small doses it increases the secretion of the salivary and gastric glands, sharpens appetite and promotes digestion of vegetables. Vida lavana Vida Lavanaisan artificially prepared salt in dark red shining granules. It contains mainly of Sodium Chloride with traces of sodium sulphate, alumina, magnesia, ferric oxide, and sulphide of iron. Increase appetite and Anulomana Use in Indigestion, Flatulence, Constipation, Abdominal pain, Cardiac disease Romakalavana RomakaLavana is produced from Sambar Lake near Ajmer. It is a laxative and diuretic. It is the best and purest form of evaporated salts Ati-ushna, Laghu and Tikshna Pittavardhaka Bhedan Deepana (Improve digestion) Sukshmasrotogami Uses in sama condition Sauvarchala Commonly known as Black Salt Deepan(improve appetite) Pachana(digestion strength) Bhedana Reduced vata and pitta Use in Abdominal pain, Constipation,Flatulence Indigestion, Worms SauvarchalaLavana is a dark colored salt made by dissolving Common salt in a solution of crude soda and evaporating it. AudbhidaLavana It

is produced by itself. It contains principally sulfate of soda with chloride of sodium Chapter 7

- MOST COMMON KITCHEN HERBS, VEGETABLES& FRUITS Beetroot *Beta Vulgaris* is commonly known as Beetroot. It is an excellent source of folates. It is necessary for DNA synthesis. When given during pre-conception period folates can prevent neural tube defects in the baby. It is good source of vitamin-C, carotenoids, flavonoids, anti-oxidants, and vitamin A. It is rich source of B-complex vitamins such as niacin (B-3), pantothenic acid (B-5), pyridoxine (B6) and minerals such as iron, manganese, copper, and magnesium & potassium.

Carrot *Daucus Carotais* commonly known as Carrot. Carrot is sweet, bitter, heart tonic  
 Reduced vata-kapha Increase pitta It is powerful natural anti-oxidant. Application : -In itching : crush the carrot and add little salt, and boil it without water. Apply it externally on affected part. -Seeds of carrot crush in water- very good in late menstruation -Juice of carrot is very good for eye-sight -Juice of carrot is also very good in worms in duodenum. -It is rich source of carotenes and vitamin-A. 100 g fresh carrot contains 8285 µg of Beta Carotene and 16706 IU of vitamin A. -It is also good source of vitamin C. -It is especially rich in many B-complex groups of vitamins such as folic acid, vitamin B-6 (pyridoxine), thiamin, pantothenic acid, etc. -It is rich source of minerals like copper, calcium, potassium, manganese and phosphorus.

Chilli *Capsicum Annum* commonly known as Chilli. Pungent in test Reduced vata (Dry Capsicum) Reduced Kapha and Increased Pitta Ruksha and Ushna, Slightly Tikshna Deepan(Improve appetite) Lekhana( Scraping) Useful in Cholera, Worms and Cough.

Cucumber Cucumber is cold and sweet. Seeds of cucumber + cumin + sugar with water are very good in urinary track problems. Seeds of cucumber + rice water is very good in kidney stone Juice of old cucumber + rock salt + black salt are very good in goiter Eat cucumber then drink sour tasty butter milk and sit in sun-light with cover – it helps in cold fever Cucumber seeds + rose + lotus – crush them and drink that with water. It helps in dysuria

Dhanyak *Coriandrum Sativum* Commonly known as coriander Sweet and Astringent in test Laghu, Snigdha and Ushna Reduced Pitta and Kapha Deepana(improve appetite) Pachana(improve digestion strength) Grahi Used for fever and burning sensation(Dahanashaka) Used in Oligouria-good diuretic Used in Epistaxis

Erand *Ricinus Communis* Commonly known as castor or Ricinus Sweet and astringent in test It is kapha-vata pacifier. Helps in edema and pain Worms killer, Helps in digest AMA, Heart tonic Very good in back pain, Rheumatoid arthritis, sciatica, gout.

Nimbu Citrus Lemon Commonly known as Lemon Lemon juice + sugar – for general body strength, alertness Lemon juice + ginger – mouth freshness, increases appetite, indigestion, anorexia Useful in diarrhea – prevents weakness, dehydration Lemon + rock salt + black pepper / cumin – good for

digestion Ginger juice + lemon juice + sugar – good for digestion Lemon juice – application on head and hair – good for dandruff Palandu Allium Sepa Commonly known as Onion Onion is sweet, pungent, kapha aggravator, carminative Helps to increase sweating For prevention of sunstroke in hot climate – fresh juice to drink To stop bleeding from nose – nasya Rasona Allium sativum Commonly known as Garlic In our six tests Garlic having five test ,only Sour is not present Guru, Snigdha and Ushna Reduced Vata and Kapha Increased Pitta Hridya- Cardiac tonic Deepan(improve appetite) Saraka Shulaprashaman(Pain relevant) Useful in eyes, high cholesterol, jwara-fever, bone disease. It is good Rasayana(Rejuvenation) MOST COMMON FRUITS Banana Kadalifal Commonly known as Banana Heavy, oily, cooling Kapha aggravating Only ripped bananas are advisable for diet Draksha (Grapes) Grapes is heavy, Sweet, sour, Hot, carminative Application : Grapes + Harataki + sugar – helps in acidity Grapes + Sugar + piper longam + honey – it is very good to increase dhatus- nourishment Grapes + adhatodavasica- vasa – helps in colic pain Grapes + amalaki helps in dryness of mouth. Grapes + honey helps in heavy pitta aggravation Kaju (Cashew) Cashew is sweet, astringent, light, hot, vata-kapha pacifier. The milk of Seeds of cashew - apply on skin crams Early morning – eat ripe cashew + salt + black paper – It helps in kidney problems Mango Unripe mango is astringent, hot, tridosha aggravator Ripe mango is sweet, cold ,vata-pita pacifier, carminative, smooth. The powder of mango's seed is very good in worms The powder of mango's seed with honey is very good in bleeding piles The powder of mango's seed can be used external in heavy perspiration. The juice of mango's seed can be introduced in nose in epistaxis The powder of mango's seed + powder of haritaki with milk- apply in dandruff The inner layer of the mango tree crush in milk- helps in bleeding diarrhea Orange Narangfal Commonly known as Orange Sweet, heavy, dry, hot Reduced Vata Increased Kapha – Pitta Good for heart Papaya Sanskrit :Erandkarkati English : Papaya Qualities: sweet, heavy, oily Reduced Pitta &Vata- kapha aggravating Special Uses : cooling Pomegranate Dadim Commonly known asPomegranate Light, hot, oily, dipana Good for heart, memory. Used in diarrhea to stop loose motions ————— MOST COMMON LEGUMES Moong Sanskrit Name: Mung, Mudga English Name: Mung Qualities: Light, dry, cooling, easy to digest Good for every body kapha aggravating Pomegranate Used in diarrhea to stop loose motions MOST COMMON LEGUMES Qualities: Light, dry, cooling, easy to digest Godhum (Wheat) Sanskrit Name: Godhum English Name: Wheat Qualities: Sweet, heavy, oily, cooling Reduce vata and pitta Increase kapha New crop is not good as it produces Aama. Yugandhar SanskritName: Yugandhar English Name: Barley Qualities: Light, dry, cooling, Reduced Kapha Prameh, Obesity and

kapha problems Vrihi Sanskrit Name: Vrihi English Name: Rice Qualities: Sweet, light, oily, cooling Tridosh samak Deepan-Pachan(Improve digestion strength and appetite) Good for eyes, heart, burning in body, diuretic. Good for everybody. Basmati rice is heavy and in some cases Vata aggravating Makoy Sanskrit Name :Makoy English Name : Corn Qualities: Sweet, heavy, oily, cooling Vata – Pitta aggravating ————— MOST

COMMON FOOD SUPPLEMENTS FROM DIFFERENT CATEGORIES Milk Milk is considered to be one of the most important foods in Ayurveda. If you drink it, it must be organic and comes from COWS raised under gentle conditions. Milk is only taken to be cooked and warm, along with some spices good for your Dosha- not cold and straight out of the freeze. If you are allergic to cow's milk or lactose intolerance you may substitute soy, rice or nut like almond milk. Oil and ghee Oils are an important source for lubrication according to Ayurveda. Vata, the driest dosha, has the least amount of lubrication and requires the most oil from food. Pittas have intense, hot body oils and need less oil from food. Kaphas also have plenty of oils and need the least amount of outside oils. In most cases use non hydrogenated, unrefined, cold-pressed oils. Sesame seed oil is best amongst other vegetable oils. Ghee or clarified butter is also recommended in cooking and for flavoring. In experiments at different places it is noted that traditional cooking oil are better than the other fats useful in Kapha and Vata disorders. It includes the treatment of indigestion, low and weak Agni or digestive fire. It is used in the treatment of cough, common cold and flu like symptoms.

## Nutrition and Lifestyle Transition Over the Years

### 1. Pre-Industrial Era (Before the 18th Century)

**Diet Composition:** Diets were primarily plant-based with whole grains, legumes, fruits, vegetables, nuts, seeds, and some animal products like dairy, meat, and fish. Fermentation was common for preserving food and enhancing its nutritional value.

**Food Preparation:** Meals were prepared from scratch using fresh, locally sourced ingredients. Cooking methods included boiling, steaming, fermenting, and roasting.

**Cultural Significance:** Food was deeply tied to cultural and religious practices. Seasonal eating was the norm, with dietary customs linked to agricultural cycles.

**Physical Activity:** Daily life involved significant physical exertion through farming, hunting, gathering, and manual labor. Walking was the primary mode of transportation.

**Health Outcomes:** The lifestyle supported relatively balanced nutrition, but infectious diseases and food scarcity were common health challenges.

## **2. Early Industrialization (18th to Mid-20th Century)**

**Dietary Changes:** With industrialization, there was a shift from agrarian diets to diets influenced by urbanization. Introduction of refined grains, processed sugar, and canned foods began.

**Food Production:** The rise of industrial farming and food processing led to the mass production of food. Preservation techniques like canning and pasteurization extended the shelf life of foods.

**Economic Impact:** Urbanization and industrial jobs reduced the need for physical labor, leading to more sedentary lifestyles. However, many still engaged in manual labor due to lack of automation.

**Health Implications:** While food became more accessible, the nutritional quality declined. The introduction of refined foods led to a rise in diet-related conditions like rickets (due to vitamin D deficiency) and pellagra (due to niacin deficiency).

## **3. Post-World War II Era (Mid-20th Century to 1980s)**

**Dietary Evolution:** This period saw a dramatic increase in the availability of processed and convenience foods, such as TV dinners, canned soups, and fast food. High-fat, high-sugar diets became more common.

**Technological Advancements:** Advances in food technology, refrigeration, and transportation made a wide variety of foods available year-round, disconnecting diets from local and seasonal cycles.

**Lifestyle Changes:** The post-war economic boom led to suburbanization, with more reliance on cars and less physical activity. Television and other sedentary entertainment became widespread.

**Nutritional Policies:** Governments began implementing dietary guidelines and fortification programs (e.g., iodized salt, fortified flour) to address nutritional deficiencies and public health.

**Health Consequences:** The rise of convenience foods contributed to an increase in obesity, heart disease, and type 2 diabetes. Dietary patterns shifted away from whole foods to more processed and calorie-dense options.

#### **4. Late 20th Century to Early 21st Century (1980s to 2000s)**

**Globalization and Westernization of Diets:** The spread of Western fast-food chains and processed foods worldwide led to a global shift towards a diet high in refined carbohydrates, sugars, and unhealthy fats.

**Rise of Chronic Diseases:** As processed foods became more common, there was a sharp increase in chronic diseases, such as obesity, hypertension, and cardiovascular disease.

**Awareness and Counter-Movements:** Health movements advocating for organic foods, whole grains, low-fat diets, and plant-based eating emerged. The introduction of dietary supplements became popular as a way to address perceived nutritional gaps.

**Technological Influence:** The advent of computers and the internet further reduced physical activity, while also providing access to a wealth of information on diet and health, influencing eating habits.

**Work-Life Changes:** The increase in sedentary office jobs, combined with a busy lifestyle, led to more reliance on quick, ready-to-eat meals, and takeout food.

#### **5. Digital Age and Modern Era (2010s to Present)**

**Dietary Trends:** Modern diets are influenced by various trends, including plant-based diets, keto, paleo, intermittent fasting, and low-carb diets. There's a resurgence of interest in traditional and holistic dietary practices, such as Ayurveda and Mediterranean diets.

**Technology in Nutrition:** Wearable devices, health apps, and online nutrition coaches have become popular, offering personalized diet and fitness plans. There is also growing use of genetic and microbiome testing for customized nutrition advice.

**Lifestyle Changes:** The proliferation of smartphones and digital media has led to more screen time and less physical activity. Work-from-home culture, accelerated by the COVID-19 pandemic, has further impacted daily routines, with mixed effects on diet and physical activity.

**Sustainability and Ethics:** A growing focus on sustainability has led to increased demand for locally sourced, organic, and plant-based foods. Ethical concerns are driving interest in reducing food waste and supporting fair-trade practices.

**Health Challenges:** Despite increased health awareness, lifestyle-related conditions like obesity, diabetes, and mental health issues remain prevalent due to the complexities of modern living and diet.

## **6. Future Directions**

**Personalized Nutrition:** The future of nutrition may lie in more personalized approaches, utilizing genetic data, AI, and biomarker analysis to create individualized diet plans.

**Sustainable Diets:** As climate change and environmental concerns grow, there is likely to be a stronger push towards sustainable eating practices, including reduced meat consumption and emphasis on plant-based foods.

**Integrated Health Models:** The integration of modern medicine with traditional practices like Ayurveda and Traditional Chinese Medicine (TCM) is expected to rise, promoting a holistic approach to health.

Understanding these transitions provides insight into how past dietary and lifestyle patterns influence current health trends and can help guide healthier choices for the future.

**Chapter 3 – BASICS OF FOOD** Rasa (The six tastes) Madhur (Sweet) Amla (Sour) Lavana(Salty) Katu (Bitter) Tikta (Pungent) Kashya (Astringent) The six tastes and its effects on Doshas Tastes Doshas Sweet, sour, salty Vata pacifying Pungent, bitter, astringent Vata

strengthening Sweet, bitter, astringent Pitta pacifying Pungent, sour, salty Pitta strengthening Pungent, bitter, astringent Kapha pacifying Sweet, sour, salty Kapha strengthening Balanced Diet: Please keep in the mind that your meals should, as far as possible include all six tastes.

Madhur Rasa (Sweet)

- Drugs and diets having sweet tastes are wholesome to the body and as such they add to the growth of rasa dhatu(body fluid), blood, muscle, fat, bone, bone marrow, ojas, semen and longevity.
- Soothing to the sense organs.

- Promote strength and complexion

- Relieve thirst and burning sensation, Promote healthy skin, hair, voice and strength.

- Soothing, invigorating and nourishing to body-mind

- Bring about stability and heal up emaciation and consumption.

- Soothing to the nose, mouth, throat, lips and tongue.

- They are unctuous, cold and heavy. When use in excessively:- Cause vitiation of kapha resulting in Obesity, Tenderness, Laziness, Hypersomnia, Heaviness, Loss of appetite, Loss of the power of digestion, abnormal growth of muscle in the mouth and throat, dysuria, cough, coryza(Rhinitis), alasaka(intestinal torpor), fever preceded with cold, anaha(distention), sweetness in mouth, vomiting, loss of sensation and voice, galgand (Goiter), cervical lymphadenitis, elephantiasis, pharyngitis, eye disease like abhishyanda (conjunctivitis) etc... Amla Rasa (Sour)

- Stimulate appetite

- Nourish and energize the body

- Enlighten the mind

- Strengthen the sense organs

- Promote strength

- Alleviate Vata

- Nourish the heart

- Cause salivation



- Help in swallowing
- Moistening and digestion of the food
- They are refreshing, light, hot and unctuous. When use in excessively:- Thirst, Morbid sensitiveness of teeth, Closure of eyes, Horripilation, Liquefaction of kapha, Aggravation of pitta, Vitiating of rakta, Decomposition of muscle, Odema in patient suffering from emaciation, Consumption, Cachexia, Weakness Lavana Rasa (Salt)
- Help in digestion as carminative
- Production of stickiness, digestion, excision and incision
- Sharp, mobile, vikasi (clear or antispasmodic) and laxative
- Avakasakara (de-obstruent)
- Alleviate Vata
- Cure stiffness
- Nullify the effect of all other
- Cause salivation
- Liquefy Kapha
- Clarify the channels of circulation
- Bring about tenderness of all the bodily organs
- Cause (brings) deliciousness of food
- Essential ingredients of food
- Neither very heavy, unctuous nor hot carminative Production of stickiness, digestion, excision and incision Sharp, mobile, vikasi (clear or antispasmodic) and laxative obstruent) Nullify the effect of all other tastes Clarify the channels of circulation Bring about tenderness of all the bodily organs deliciousness of food Essential ingredients of food Neither very heavy, unctuous nor hot When use in excessively:- Vitiating of pitta, Aggravation of Rakta, Thirst, Fainting, Heating sensation, Erosion, Depletion of muscle tissue, Sloughing in the parts of the body afflicted with obstinate skin disease including leprosy, Aggravation of poisonous symptoms, Bursting of inflamed parts, Dislodgement of teeth, Reduction of

manhood, Obstruction of the function of senses, Production of premature wrinkling, graying and baldness, Also causes disease like Raktapitta, Amlapitta (acid dyspepsia), Visarpa (an acute spreading disease of skin), Vatarakta (gout), Vicharchika (a type of skin eruption), Alopecia etc.... Katu Rasa (Pungent)

- Keep the mouth clean
- Promote digestion
- Help in the absorption of the food
- Cause secretion through nose
- Lacrimation
- Help proper action of sense organs
- Cure disease like intestinal torpor, Obesity, Urticaria, Chronic conjunctivitis
- Help in the elimination of the waste products which are sticky in nature and produce svedana (in fomentation therapies)
- Cause deliciousness in food
- Cure itching
- Allow excessive growth of ulcer
- Kill germs
- Corrode the muscle tissue
- Break blood clots and other obstructions
- Clarify the passages
- Alleviate kapha
- They are light, hot and unctuous. When use in excessively:- Destroy man-hood by virtue of their vipaka, Affect potency by their taste, Cause unconsciousness, Weariness, Asthma, Emaciation, Fainting, Chocking, Giddiness, Burning sensation in throat, Production of great heat and thirst, Diminution of strength by virtue of their specific action, Giddiness, Burning sensation, Tremor piercing, Stabbing pain in legs, hands, back etc.... Tikta Rasa (Bitter)

- Bitter taste are by themselves not delicious but when added with other things they promote deliciousness
- Antitoxin and germicidal
- Cure fainting
- Burning sensation
- Itching
- Obstinate skin disease including leprosy, thirst, and fever
- Promote firmness of the skin and muscles, carminative and digestion
- Purify milk
- Cause drying and help in the depletion of moisture, fat, muscle fat, bone marrow, Lymph, pus, sweat, urine, stool, pitta and kapha
- They are unctuous, cold and light. When use in excessively:- By virtue of their unctuousness, roughness and non-sliminess they, Deplete the plasma, Blood, Muscle, Fat, Bone-marrow, semen. Produce roughness in the circulatory channels, Reduce strength, because emaciation, Weariness, Unconsciousness, Giddiness, Dryness of mouth, Produce other disease due to vitiation of Vata. Kashaya Rasa (Astringent)
- Drugs and diet having astringent test are sedative and constipative.
- They produce pressure on the affected part and cause granulation, absorption, and stiffness.
- Alleviate kapha and rakta-pitta
- Absorb the body fluid and are dry, cold and heavy. When use in excessively:- Dryness of mouth, Affliction of the heart, Distention of abdomen, Obstruction of speech, Constriction of circulating channels, Black complexion and destruction of man-hood, Get digested slowly and obstruct the passage of flatus, urine, stool and semen, Cause emaciation, Weariness, Thirst, Stiffness, By virtue of their roughness, dryness and nonsliminess they produce disease like hemiplegia, spasm, convulsion, facial paralysis etc.. due to vitiation of vata. Gunas Food has other qualities as well –
- Heavy or light
- Hot or cold

- Dry or moist – that affect the Doshas.
  - We need proper combination of all these qualities in our diet to remain in balance.
  - As well as all the six tastes described in Ayurveda also distinguishes between six Gunas.
  - Gunas and its effect on Doshas GUNAS DOSHAS
  - Heavy, oily, hot Vata pacifying
  - Light, dry, cold Vata strengthening
  - Cold, heavy, dry Pitta pacifying
  - Hot, light, oily Pitta strengthening
  - Light, dry, hot Kapha pacifying
  - Heavy, oily, cold Kapha strengthening
- Certain essential prerequisites, which need to be looked into while taking the meals, are well narrated in the age-old text ‘Charak Samhita’. They are of great value even today.

1. Ushna – freshly cooked and warm food.
2. Snigdha – should be little oily to hold good taste.
3. Matra – proper quantity, i.e., neither heavy nor too light.
4. Jirna – to be taken after digestion of food taken earlier, i.e., after 4 – 6 hours.
5. Virya-viruddha – to avoid incompatible food.
6. Isht-desh – to be taken in good environment and hygienic condition.
7. Isht – sarvopkaranam – with clean , neat, hygienic utensils and attractive serving
8. Natidrutam – not to be eaten in haste.
9. Nativilambitam – not to take very long time on dining seat.
10. To be taken with involvement of consciousness and pleasant mind.

## 1. Basic Principles of Food and Nutrition

### A. Macronutrients

#### 1. Carbohydrates

Function: Primary source of energy, especially for the brain and muscles.

Types: Simple carbohydrates (sugars) and complex carbohydrates (starches and fibers).

Sources: Whole grains (brown rice, quinoa, oats), fruits, vegetables, legumes, and dairy products.

#### 2. Proteins

Function: Building and repairing tissues, producing enzymes and hormones, and supporting immune function.

Types: Complete proteins (contain all essential amino acids) and incomplete proteins.

Sources: Animal products (meat, fish, eggs, dairy), plant sources (beans, lentils, tofu, nuts, seeds, and quinoa).

#### 3. Fats

Function: Energy storage, absorption of fat-soluble vitamins (A, D, E, K), and protection of organs.

Types: Saturated fats, unsaturated fats (monounsaturated and polyunsaturated), and trans fats.

Sources: Healthy fats include avocados, nuts, seeds, olive oil, and fatty fish. Saturated fats are found in red meat, butter, and cheese. Trans fats are present in many processed foods.

### B. Micronutrients

## 1. Vitamins

Water-soluble vitamins: Vitamin C and B-complex vitamins (e.g., B12, folate) are not stored in the body and need to be consumed regularly.

Fat-soluble vitamins: Vitamins A, D, E, and K are stored in the body's fatty tissue and liver.

## 2. Minerals

Macrominerals: Calcium, magnesium, potassium, and sodium are needed in larger amounts.

Trace minerals: Iron, zinc, copper, selenium, and iodine are required in smaller quantities.

## C. Water

Function: Vital for maintaining hydration, aiding digestion, regulating body temperature, and transporting nutrients and waste.

Sources: Drinking water, fruits, vegetables, and other beverages.

## D. Fiber

Function: Supports digestive health, helps control blood sugar levels, and can aid in weight management.

Types: Soluble fiber (oats, fruits, legumes) and insoluble fiber (whole grains, vegetables, nuts).

Sources: Whole grains, fruits, vegetables, legumes, nuts, and seeds.

## E. Antioxidants

-Function: Protects cells from damage caused by free radicals, reducing the risk of chronic diseases.

- Sources: Berries, nuts, dark chocolate, leafy greens, and certain teas.

## 2. Understanding Rich Sources of Nutrients

### A. Carbohydrates

Complex Carbohydrates: Brown rice, whole wheat bread, oats, barley, quinoa, sweet potatoes, beans, and legumes.

Fiber-rich Foods: Lentils, chickpeas, flaxseeds, chia seeds, apples, and pears.

### B. Proteins

Animal Sources: Chicken, turkey, beef, pork, fish (salmon, tuna), eggs, and dairy (milk, cheese, yogurt).

Plant Sources: Lentils, chickpeas, tofu, tempeh, quinoa, almonds, walnuts, chia seeds, and edamame.

### C. Fats

Healthy Fats: Olive oil, avocados, nuts (almonds, walnuts), seeds (flaxseeds, chia seeds), fatty fish (salmon, mackerel), and dark chocolate.

Omega-3 Fatty Acids: Flaxseeds, chia seeds, walnuts, and fish oil.

### D. Vitamins and Minerals

Vitamin C: Citrus fruits (oranges, lemons), strawberries, bell peppers, broccoli, and kale.

Vitamin A: Carrots, sweet potatoes, spinach, and liver.

Calcium: Dairy products (milk, cheese, yogurt), fortified plant milks, tofu, kale, and almonds.

Iron: Red meat, beans, lentils, spinach, and fortified cereals.

Magnesium: Nuts, seeds, whole grains, dark leafy greens, and avocados.

## E. Antioxidants

Rich Sources: Blueberries, dark chocolate, pecans, artichokes, and goji berries.

## 3. Ayurveda and Diet

### A. Basic Principles of Ayurveda

**Doshas:** Ayurveda is based on the concept of three doshas—Vata (air and space), Pitta (fire and water), and Kapha (earth and water). Each person has a unique constitution (Prakriti) that determines their dietary needs.

**Balance and Imbalance:** Health is achieved by maintaining balance among the doshas. Imbalance can lead to disease, and diet is a key tool for restoring balance.

**Personalized Nutrition:** Ayurveda advocates for a diet that aligns with one's dosha, season, and current health condition.

### B. Dietary Recommendations Based on Doshas

**Vata:** People with a dominant Vata dosha benefit from warm, moist, and grounding foods. This includes cooked vegetables, grains like rice and oats, and warming spices like ginger and cinnamon. Avoid raw, cold foods, and stimulants like caffeine.

**Pitta:** To balance the Pitta dosha, cooling and less spicy foods are recommended. This includes sweet fruits, dairy, and bitter vegetables like leafy greens. Avoid excessive spices, alcohol, and fried foods.

**Kapha:** For Kapha, light, dry, and warming foods are best. This includes a focus on spices like turmeric and black pepper, light grains like millet and barley, and a reduction in dairy, sweet, and oily foods.

### C. Importance of the Six Tastes (Shad Rasa)



- Ayurveda emphasizes incorporating the six tastes—sweet, sour, salty, bitter, pungent, and astringent—in every meal to maintain balance.

Sweet: Grounding and nourishing, found in grains, dairy, and sweet fruits.

Sour: Stimulates digestion, found in citrus fruits, yogurt, and fermented foods.

Salty: Enhances taste and digestion, found in salt and seaweed.

Bitter: Detoxifying and cooling, found in leafy greens and certain herbs.

Pungent: Stimulates metabolism, found in spices like ginger, garlic, and chili.

Astringent: Cleansing and drying, found in legumes, raw vegetables, and certain fruits like pomegranate.

#### D. Seasonal Eating

Ayurveda promotes eating according to the seasons to maintain balance with nature.

Spring (Kapha Season): Light, spicy, and bitter foods to counterbalance the heavy and moist qualities of Kapha.

Summer (Pitta Season): Cooling and hydrating foods like fruits, cucumber, and coconut water.

Autumn and Winter (Vata Season): Warm, oily, and nourishing foods like soups, stews, and cooked grains.

#### E. Eating Practices in Ayurveda

Mindful Eating: Eat with full attention, in a calm environment, and avoid distractions like TV or smartphones.

Meal Timing: Ayurveda recommends eating at regular times, with the largest meal at midday when digestive fire (Agni) is strongest.

Digestive Health: Emphasis on maintaining a strong Agni (digestive fire) through the right combination of foods, appropriate use of spices, and avoiding overeating or undereating.

By understanding these principles of nutrition and Ayurveda, individuals can make informed dietary choices that support their overall health and well-being.

### **Detailed Notes on Principles of Diet in Ayurveda**

Chapter -4 UNDERSTANDING OF DIET Here are some general guidelines to help you plan your daily diet.

1. Eat in a calm, pleasant atmosphere and think about what you are eating. Do not work, read or watch television while you eat and sit down and have meals.
2. Try to eat at the same time each day. Do not gulp your food, but chew it thoroughly.
3. Eat to only 3 quarters of your capacity.
4. Allow 3-6 hours gap between two meals to give yourself time to digest the previous meal properly. If you feel very hungry that is a sure sign that your body needs more food. Nevertheless, do not eat if you are not hungry.
5. Sip water or juice with your meals. Drinks should not be ice-cold as this inhibits digestion. Ideally, drink hot water, preferably with a little ginger added into it.
6. Choose fresh foods, which are produced locally. Three quarter of your menu should be consist of warm freshly-prepared food. This is because warm cooked dishes are easier to digest than cold and raw. A warm, suitably seasoned meal with spices and a little fat is the best choice.
7. At the evening meal avoid sour, dairy products, animal protein and raw ingredients. All of the are hard to digest. Usually Agni is weak in late evening.
8. If possible always eat your main meal at midday since your digestion functions most Efficiently functions between 12 and 13 hours.
9. Always take time to relax for a few minutes after eating. Vam-kukshi and then walk 100 steps.
10. The surest way to eat well is to trust your own body, which will demand what it needs. Check your own diet and try to integrate the Ayurvedic guide lines for eating into your daily life. Which diet is best for you Adjust your diet to suit the time of year. Adjust the diet according to your constitution. Ginger and other spices should be used liberally according to your agni and constitution. Need to pay attention to the signals your body gives you, since it

will crave a particular taste or characteristics to keep its doshas in equilibrium. Choose foods that balance or pacify your predominant doshas. Eat food that reduces the energy of your predominant dosha and fortifies your secondary or subsidiary doshas. For example: If you are a kapha type, your menu should include mainly foods which pacify your Kapha, your main dosha and strengthen secondary or subsidiary dosha Vata and Pitta. According to Ayurveda, the thoughts and emotions become part of your food while you handle it. If you are angry or tense while preparing food, you may transmit this energy. So cook with positive emotions such as love and kindness. In addition, when possible use simple, non-motorized hand tools to prepare the food. The more your hands come into contact with the food, the more opportunity for the food's energy to mix with yours and the closer you feel to food and the earth from which it comes. Most food should be warm or hot- or at least room temperature and cooked. Don't eat reheated or microwaved foods as they have lost their life force or prana. Never sleep immediately after meals. The right diet is the best medicine. According to Ayurveda, food is more than fuel to keep you going, more than a bunch of chemicals that supply essential vitamins and minerals. Wholesome food is a total experience that can nourish you physically as well as emotionally. All foods and beverages are imprinted with a vital memory. It remembers its whole life and through its DNA. Food that is organically grown and lovingly prepared carries more positive, nourishing energy (prana) than food that is degraded and adulterated, raised with artificial chemicals, genetically modified and impersonally grown on factory farms. Food passes through this rich store of knowledge to you when you eat it, providing a form of energy that connects it and you to other people and to the mother earth. If your natural urge to have such positive emotional connection remains unfulfilled, you may try to get satisfaction by overeating or an excess of material things. FOOD

- The basis of nutrition - essential for survival.
- Factor behind Growth & Development in young age; physical strength, endurance, vigor and vitality in adult age; sustenance of tissues and general well-being in old age.
- Intelligently chosen food helps in improving immune system, longevity; and in facing stressful situations, diseases, adverse conditions.
- Depending on the effect on health, food with different tastes or biochemistry may increase or decrease the levels of Vata, Pitta & Kapha.
- Two meals a day is normal.

- Gap between two meals should not be too long or too short.
- Small meal is known as Antar-Bhojan.
- Eating shortly after meals is called “Adhyashan” result into indigestion, obesity, anorexia, etc.
- In general food should be (a) as per the liking, (b) clean, (c ) wholesome, (d) lukewarm, and (e) slightly oily.
- Stale, cold and dry food must be avoided.
- Have food in the company of near and dear ones
- Neither be taken too fast nor too slow.
- Eat up to 3/4 of the capacity of stomach and keep 1/4 capacity of stomach empty for movement of Vata. Do not drink water before or after meals. During meals it is allowed in small quantity. In large quantity it can be allowed after an hour of meals.
- Avoid physical exertion and strenuous exercise or sexual activities immediately after the meals.
- After the meals it is not desirable to go to bed within 3 – 4 hours.
- Chewing of betel leaves, fennel seeds etc. after the meals, cleanses the mouth, encourages the salivation, enhance digestion, undo flatulence and remove bad breath from mouth.
- Nevertheless, do not eat if you are not hungry.
- Drinks should not be ice-cold as this inhibits digestion. Ideally drink warm water, perhaps with a little ginger, cumin or ajwain seeds added.
- A related concept is the idea that specific Doshas have an affinity for certain tastes.
- Certain tastes aggravate Doshas, and other tastes stabilize them. Compatible Diet
- Eat foods that work together in combination.
- Khichari is a good combination of rice, mung bean, vegetables, spices and little ghee.
- It is light to digest and provides protein, carbohydrate, fat, fiber vitamins and trace minerals as well. Incompatible Diet Try to avoid certain combinations as they create poor digestion,

mal-absorption, produce Aama which may clogs the channels. Diet Incompatibilities.

(Viruddhaahar):- Definition

- All herbs and food which dislodge the various Doshas but do not expel them out of the body are to be regarded as unwholesome.

- Factors Responsible for diet incompatibilities...

- Herbs and diets which are at variance with place, Season, Digestive Power, Dosage, Habit, Doshas, Mode of Preparation, Potency, Bowel habit, State of Patient's health, Order of eating, Things to be avoided, Things to be observed, Cooking, Combination, Palatability, Richness of meals are Rules of eating. Desha-viruddha (Place):- e.g. Intake of dry and sharp food in deserts lands; unctuous and cold substance in wet land are example of incompatible diet. Kala-viruddha (Season):- e.g. Intake of cold and dry substance in winter; pungent and hot substance in the summer are example of incompatible diet. Agni-viruddha (Digestive Power):- e.g. Intake of heavy food when the power of digestion is mild (mandagni); Intake of light food when the power of digestion is high or sharp (tikshnagni). Similarly intake of food at variance with irregular and normal power of digestion come under this category. Matra-viruddha (Proportions):- e.g. Intake of honey and ghee in equal quantity is example of incompatible diet. Satmya-viruddha (Habit):- e.g. Forceful intake of sweet and cold substances in large, to a person, who is accustomed to pungent and hot substance in normal routine is example of incompatible diet. Dosha-viruddha :- e.g. Utilization of herbs, food or regimen having similar qualities with doshas but at difference with the dosha of the individual. Sanskar-viruddha (Mode of preparation):- e.g. Herbs and food which when prepared in a particular way produce poisonous effects, for example, meat of peacock roasted on a castor spit. Veerya-viruddha (Potency):- e.g. Substances having cold potency in combination with those of hot potency. Koshtha-viruddha (indigestible for intestine):- e.g. Administration of a mild purgative in a small dose for a person of severe constipation and administration of strong purgatives in strong doses for a person having mild-laxative bowel. Avastha-viruddha (State of patient's health):- e.g. Intake of Vata aggravating food by a person after exhaustion, sexual act and physical exercise or intake of Kapha aggravating food by a person after sleep or drowsiness. Kram-viruddha (Order of eating):- e.g. If a person takes food before his/her bowel and urinary bladder are clear or when he does not have appetite or after his hunger has been aggravated. Parihar-viruddha (Things to be avoided):- e.g. Intake of hot things after taking pork etc and cold things after taking ghee. Pak-viruddha (Cooking):-

e.g. Preparation of food etc., with bad or rotten fuel and undercooking, overcooking or burning during the process of preparation. Sanyog-viruddha (Combination):- e.g. Intake of sour substance with milk. Hridaya-viruddha (Palatability):- e.g. Any substance which is not pleasant in taste. Sampad- viruddha (Richness of quality):- e.g. Intake of substance which are not matured, over matured or putrefied. Vidhi-viruddha (Rules of eating):- -The fish is incompatible with milk. - all sour substances are incompatible with milk. Likewise, all the fruits are sour. -One should avoid drinking milk after taking leafy vegetables. The combinations which are not good Melons.....with any other food Sour fruits....with milk or yogurt Banana.....with milk, corn, starch or radish Fish.....with milk or yogurt Meat .....with milk, yogurt or eggs Raisins....with radishes or corn Cucumber....with mango, lemon, potato, tomato or eggplant Tomatoes...with lemon, milk or yogurt Potatoes..... With milk or yogurt Eggplant....with milk or yogurt Onion and garlic....with milk or its derivatives Sweet....with salt or sour (Ref. Charak Samhita, Sutra Sthan, Ch. 26, Shloka - 121-22) Who can consume incompatible food:- Who are habituated to regular physical exercise Who take fatty eatables on a regular basis Who have strong digestive power Who are adult as well as strong The food items though incompatible do not generate diseases One who has become accustomed by long use of incompatible foods (A.Hr.Su.7/47) Treatment Treatment of the symptoms produced by intake of the incompatible food One should apply either the purification therapies (emesis, purgation etc.) or palliative therapies to control the troubles arising from consuming of incompatible items. (A.Hr.Su.7/46) Try to avoid certain combinations as they create poor digestion, mal-absorption, produce Aam which may clog the channels The combinations which are not good FOOD RECIPE FOR DISEASED / CONVALESCENTS To suit to the taste and health of the convalescing patients special food recipes are - Manda : Boiled cereal essence. Peya : Soup slightly mixed with gruel. Yusha : Thick consistency soup. Vilepi : Soup thickly mixed with gruel. Yavagu : Thick gruel. Mamsa Rasa : Meat soup. Kanjika : Fermented gruel made of rice. Takra : Butter milk / Diluted churane

Ayurveda, the ancient system of medicine from India, emphasizes diet as a key factor in maintaining health and preventing disease. The principles of diet in Ayurveda are deeply rooted in understanding the nature of food and its effects on the body and mind.

### 1. Aharavidhi Vidhan (Dietary Guidelines in Ayurveda)

Aharavidhi Vidhan outlines the rules and guidelines for proper eating habits in Ayurveda. These guidelines are designed to optimize digestion, promote health, and maintain balance among the doshas (Vata, Pitta, Kapha).

#### A. Key Guidelines of Aharavidhi Vidhan:

##### 1. Eat According to Prakriti (Constitution):

- Choose foods that balance your individual dosha constitution. For example, Vata types should favor warm, moist, and grounding foods, while Pitta types should opt for cooling and non-spicy foods.

##### 2. Food Quality and Freshness:

- Consume fresh, wholesome, and natural foods. Avoid stale, processed, and artificially flavored foods as they can disturb the doshas and weaken digestion.

##### 3. Proper Meal Timing:

- Eat meals at regular intervals, ideally at the same times each day. The largest meal should be eaten at midday when the digestive fire (Agni) is strongest.

##### 4. Mindful Eating:

- Eat in a calm, relaxed environment without distractions like television or work. This practice enhances the absorption and digestion of food.

##### 5. Food Quantity:

- Eat an appropriate amount that satisfies hunger but does not lead to overeating. Overeating can overload the digestive system and lead to the accumulation of toxins (Ama).

## 6. Chewing and Digestion:

- Chew food thoroughly to aid in the digestive process. Eating slowly allows the body to register satiety and supports better digestion.

## 7. Avoid Contradictory Foods:

- Avoid eating incompatible food combinations (e.g., milk with fish or fruits with dairy) as they can lead to digestive disturbances and imbalance.

## 8. Hydration:

- Drink small sips of warm water during meals to aid digestion. Avoid drinking large quantities of water or cold beverages immediately before or after meals.

## 9. Proper Posture and Gratitude:

- Sit in a comfortable, upright position while eating. Express gratitude for the food, which helps cultivate a positive mindset and enhances the body's ability to digest and assimilate nutrients.

## 2. Sattvic, Rajasic, and Tamasic Foods

In Ayurveda, foods are categorized into three types based on their qualities and their effects on the body and mind: Sattvic, Rajasic, and Tamasic.

### A. Sattvic Foods (Pure, Balanced Foods):

#### 1. Qualities:

- Sattvic foods are pure, wholesome, and naturally fresh. They are light, easy to digest, and promote clarity of mind, calmness, and spiritual growth.



## 2. Effects on Body and Mind:

- These foods enhance vitality, strength, and immunity, while promoting mental clarity, compassion, and a sense of inner peace.

## 3. Examples of Sattvic Foods:

- Fresh fruits, vegetables (especially leafy greens), whole grains (rice, barley), legumes (lentils, mung beans), nuts and seeds (almonds, sesame seeds), dairy products (milk, ghee, butter), herbs and spices (basil, turmeric, cardamom), and natural sweeteners (honey, jaggery).

## 4. Dietary Considerations:

- Sattvic foods should be consumed in moderation and prepared with love and care. They are ideal for individuals seeking mental clarity, spiritual growth, and overall well-being.

## B. Rajasic Foods (Stimulating, Energizing Foods):

### 1. Qualities:

- Rajasic foods are stimulating, spicy, salty, and pungent. They are often associated with increased activity, ambition, and a restless mind.

### 2. Effects on Body and Mind:

- These foods can increase energy and drive but may also lead to agitation, hyperactivity, and imbalances in the mind and body if consumed in excess.

### 3. Examples of Rajasic Foods:

- Spicy foods (chili peppers, garlic, onions), salty snacks, fried foods, caffeinated beverages (coffee, tea), fermented foods (pickles), meat, fish, and eggs.

#### 4. Dietary Considerations:

- Rajasic foods can be beneficial in moderation for individuals needing physical energy and mental stimulation, but they should be balanced with Sattvic foods to avoid overstimulation.

#### C. Tamasic Foods (Heavy, Inert Foods):

##### 1. Qualities:

- Tamasic foods are heavy, dull, and difficult to digest. They tend to be stale, processed, or overcooked and are associated with lethargy and mental dullness.

##### 2. Effects on Body and Mind:

- These foods can contribute to sluggishness, lack of motivation, and mental confusion. They may also lead to the accumulation of toxins (Ama) in the body.

##### 3. Examples of Tamasic Foods:

- Stale or leftover foods, processed foods (fast food, packaged snacks), red meat, alcohol, mushrooms, and foods high in sugar or refined flour.

#### 4. Dietary Considerations:

- Tamasic foods should be minimized or avoided, especially by those seeking to maintain high levels of physical and mental energy. A diet rich in Tamasic foods can lead to a sense of heaviness and inertia.

### 3. Applying These Principles in Daily Life

- Balancing the Gunas: A healthy diet in Ayurveda involves balancing Sattvic, Rajasic, and Tamasic foods according to one's lifestyle, mental state, and spiritual goals. For example,

those engaged in intense physical or mental activity may require more Rajasic foods, while those seeking mental peace and spiritual growth may focus on Sattvic foods.

- Seasonal and Situational Adjustments: Dietary choices should also reflect the season, time of day, and current health condition. For example, during winter, warmer and slightly more Rajasic foods might be needed to balance the cold, while in summer, Sattvic and cooling foods are preferred.

By adhering to these dietary principles, individuals can achieve a harmonious balance in their physical health, mental well-being, and spiritual growth.

#### ### Detailed Notes on Lifestyle Management with Dinacharya (Daily Routine in Ayurveda)

Dinacharya refers to the Ayurvedic concept of daily routines or practices that align an individual's lifestyle with the natural cycles of the day. By following these routines, one can maintain balance in the body, mind, and spirit, promoting health and preventing disease.

##### 1. The Concept of Dinacharya

- Natural Rhythms: Dinacharya is based on the idea that our bodies are in sync with natural rhythms, such as the cycles of the sun and moon. By aligning our activities with these cycles, we can enhance our physical and mental well-being.

- Dosha Time Cycles: The day is divided into different periods dominated by the three doshas—Vata, Pitta, and Kapha. Each dosha governs specific bodily functions during its peak times, and lifestyle activities should be adapted to these periods for optimal health.

##### 2. The Daily Routine (Dinacharya)

###### A. Early Morning (Brahma Muhurta - 4:00 AM to 6:00 AM)

### 1. Waking Up:

- Wake up early, preferably before sunrise, to take advantage of the calm and serene Vata period, which enhances creativity, clarity, and vitality.
- Benefits: Awakening early aligns you with natural rhythms, supporting mental clarity and emotional balance.

### 2. Oral Hygiene:

- Tongue Scraping: Use a tongue scraper to remove the coating that accumulates overnight, which is considered a form of Ama (toxins).
- Oil Pulling: Swish sesame or coconut oil in your mouth to remove toxins and improve oral health.
- Brushing Teeth: Use natural herbal toothpaste to clean the teeth and gums.

### 3. Hydration:

- Drink a glass of warm water to stimulate digestion, flush out toxins, and rehydrate the body after sleep.

### 4. Evacuation:

- Encourage regular bowel movements to eliminate waste and toxins from the body. This practice is essential for maintaining digestive health.

### 5. Exercise (Vyayama):

- Engage in moderate exercise such as yoga, walking, or any physical activity that suits your constitution. Exercise should be invigorating but not exhausting.
- Benefits: Stimulates circulation, enhances digestion, and balances the doshas.

## 6. Meditation and Pranayama:

- Practice meditation and breathing exercises to calm the mind, enhance concentration, and balance the prana (life force).
- Benefits: Reduces stress, promotes mental clarity, and supports emotional balance.

## B. Morning (6:00 AM to 10:00 AM - Kapha Period)

### 1. Self-Massage (Abhyanga):

- Perform a daily self-massage with warm oil suited to your dosha (e.g., sesame oil for Vata, coconut oil for Pitta, mustard oil for Kapha). This practice nourishes the skin, improves circulation, and promotes relaxation.
- Benefits: Strengthens the body, calms the nervous system, and enhances overall vitality.

### 2. Bathing:

- Take a warm bath or shower after Abhyanga to cleanse the body and refresh the mind.

### 3. Breakfast:

- Have a light, nourishing breakfast that suits your dosha. Avoid heavy or greasy foods in the morning, as they can aggravate Kapha.
- Benefits: Fuels the body for the day ahead and stabilizes blood sugar levels.

## C. Midday (10:00 AM to 2:00 PM - Pitta Period)

### 1. Main Meal (Lunch):

- The main meal of the day should be eaten around noon when the digestive fire (Agni) is at its peak. This meal should be well-balanced, incorporating all six tastes (sweet, sour, salty, bitter, pungent, astringent) to balance the doshas.

- Benefits: Efficient digestion and absorption of nutrients, providing sustained energy.

## 2. Post-Lunch Rest:

- After lunch, take a short walk to aid digestion, followed by a brief rest. Avoid strenuous activities immediately after eating.

## D. Afternoon (2:00 PM to 6:00 PM - Vata Period)

### 1. Work and Activity:

- This period is ideal for mental tasks and creative activities, as Vata is associated with movement, communication, and creativity.

- Benefits: Increased focus, productivity, and creative expression.

### 2. Light Snacks and Hydration:

- If needed, have a light snack like fruits, nuts, or herbal tea. Stay hydrated, but avoid caffeine.

## E. Evening (6:00 PM to 10:00 PM - Kapha Period)

### 1. Dinner:

- Have a light dinner, ideally before 7:00 PM, to allow sufficient time for digestion before sleep. Dinner should be lighter than lunch, focusing on easily digestible foods.

- Benefits: Promotes restful sleep and prevents the accumulation of Ama (toxins).

## 2. Relaxation and Family Time:

- Spend time relaxing with family or engaging in calming activities like reading or light conversation. Avoid stimulating activities or heavy mental work.

## 3. Preparation for Sleep:

- Wind down by dimming the lights and reducing screen time. Engage in calming practices like meditation, gentle yoga, or sipping warm herbal tea.

- Benefits: Prepares the body and mind for restful sleep, reduces stress, and enhances emotional balance.

## F. Night (10:00 PM to 4:00 AM - Pitta and Vata Periods)

### 1. Sleep:

- Go to bed early, ideally by 10:00 PM, to ensure adequate rest and recovery. Following the body's natural circadian rhythm enhances sleep quality and overall health.

- Benefits: Restores energy, repairs tissues, and supports mental and emotional balance.

### 3. Benefits of Following Dinacharya

- Balances Doshas: Aligning daily activities with the dosha cycles helps maintain balance in the body and mind.

- Enhances Digestion: Proper meal timing and dietary habits optimize digestion and prevent the accumulation of toxins.

- Promotes Mental Clarity: Regular meditation and mindful practices reduce stress and enhance mental clarity.

- Supports Overall Health: By following a structured routine, the body's natural rhythms are supported, leading to improved physical, mental, and emotional well-being.

#### 4. Customizing Dinacharya

- Adjusting for Dosha: Each individual's Dinacharya may be customized based on their dominant dosha. For example, Vata types may need more grounding and calming activities, while Pitta types may benefit from cooling practices, and Kapha types from stimulating exercises.
- Seasonal Adjustments: The routine should also be adapted according to the seasons. For instance, in the cold season, more warming practices and foods are recommended, while in the hot season, cooling practices and lighter foods are beneficial.

#### 5. Challenges and Solutions

- Modern Lifestyle Constraints: Modern lifestyles may make it challenging to adhere to a strict Dinacharya. However, even small adjustments, like regular meal times, early rising, and mindfulness practices, can have significant benefits.
- Consistency: The key to reaping the benefits of Dinacharya lies in consistency. Gradually incorporating these practices into daily life ensures sustainable health benefits.

By integrating Dinacharya into daily life, one can achieve a balanced lifestyle that promotes physical health, mental clarity, and emotional well-being in harmony with nature's rhythms.